

Infant Overdose Risk with Liquid Vitamin D

Washington, DC, 28 June 2010 – The Food and Drug Administration (FDA) alerted the public last week about the potential risk of overdosing infants with liquid vitamin D. As -it turns out, some liquid Vitamin D supplement products are sold with droppers that could allow parents to accidentally give harmful amounts of Vitamin D to their infant. The American Academy of Pediatrics has recommended a dose of 400 IU of Vitamin D supplement per day to breastfed and partially breastfed infants.

The FDA advised manufacturers of liquid Vitamin D supplements that droppers accompanying these products should be clearly and accurately marked for 400 international units (IU). "It is important that infants not get more than the recommended daily amount of vitamin D," says Linda M. Katz, M.D., M.P.H., interim chief medical officer in FDA's Center for Food Safety and Applied Nutrition. "Parents and caregivers should only use the dropper that comes with the vitamin D supplement purchased." According to FDA, the easiest way to insure that an infant will not get more than the recommended dose is to use a product supplied with a dropper that will give no more than 400 IU per dose.